

SPRING 2023

CAREGIVER NEWSLETTER

Brought to you by Senior Community Services'
Senior Outreach & Caregiver Services Team



SPRING FEVER

As we muddle through the remainder of winter and look forward to the brightness of spring, it is important for caregivers and their loved ones to fight the blues brought on by gray days, cold weather and in-home confinement (which is often times referred to as “nesting”). It is normal during this time of year, where daylight is fairly brief, the weather is often frigid, and outside activities can be limited due to icy conditions, winter can increase people’s feelings of isolation and sadness.

Finding ways to bring joy into even the coldest and grayest day will help caregivers get through the winter doldrums and into the first days of spring!

In this newsletter we bring to you;
Links to virtual tours, gardening tips, helpful books, humor, Twins baseball, ways to prevent being scammed, information on Senior Community Services Technology Program, and other helpful caregiver information.

Our goal is to help you prepare yourself and loved one(s) for longer days, warmer weather, and opportunities to get back outside and participate in activities that lift your spirit and bring you joy!



Senior
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Virtual Fun

This time of year brings thoughts of warm sunshine, beautiful colors including various shades of green and fragrant smells originating from Minnesota's plants, flowers and trees. If it's too hard to get out of the house, we can still enjoy nature's beauty.

Links to virtual tours of regional gems and interesting webcams are posted here for your review and enjoyment:

[Como Park Zoo & Conservatory Walking Tour - Saint Paul, Minnesota- YouTube](#)

[Minnesota Landscape Arboretum Virtual Tour Aug. 2020 - YouTube](#)

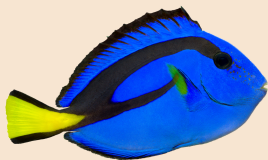
MN state Park virtual tours:

https://www.dnr.state.mn.us/state_parks/virtual_tours.html

Webcams

DNR web cams: Watch the Eagles nest and see eaglet's hatch

<https://www.dnr.state.mn.us/features/webcams/index.html>



International cameras: from Jellyfish to Lions

<https://www.earthcam.com/events/animalcams/>



National aquariums:

<https://aqua.org/explore/livestreams>



Save the Date

Saturday June 2, 2023

Caring for People with Memory Loss Conference



The goal of this conference is to provide information, support, and education for adult children, spouses, parents, health and community care providers, and others concerned with caring for people with memory loss. The conference is free for those not seeking contact hours, but pre-registration is required.

Register here: <https://www.sph.umn.edu/events-calendar/caring-for-person-with-memory-loss-conference/>



MARCH IS NATIONAL SOCIAL WORK MONTH!

For more than 45 years, Senior Community Services' Senior Outreach & Caregiver Services programs have broken barriers for older adults and their caregivers in the metro area, throughout the state, and beyond.

We honor our experienced Social Work team by sharing more about each of them and their impactful work. Read more at:

www.seniorcommunity.org





For the Green Thumbs

Gardening articles:

<https://hennepinmastergardeners.org/container-gardening-tickle-your-senses-with-herbs/>

There's also a whole series of articles about container gardening that you could link to: <https://hennepinmastergardeners.org/educational-topics/>

And, on the UMN extension website, there's great info from Master Gardeners:

<https://extension.umn.edu/find-plants/flowers#flowers-for-special-uses-2391760>

And, here is a video titled "Growing Edible Container Gardens" you could link to:

<https://www.youtube.com/watch?v=4MyUZTpDxFE>

Flower show:

Galleria floral experience March 26th – April 9th

<https://www.galleriaedina.com/happenings-feed/floral-experience>



Short Film - Ruth



“Ruth” is a 9-minute short film starring the late Lynn Cohen as the mother, living with Alzheimer’s, with Barbara Tirrell playing her daughter and caregiver.

Actor David Hyde Pierce, a longtime Alzheimer's Association Champion and caregiver said of the film: “Beautiful in every detail, this is an emotional story told without sentimentality.”

<http://www.youtube.com/watch?v=zPIRD9COUck>



When and How To Say "No" to Caregiving

How does a caregiver know when he or she can no longer manage the daily caregiving routines and planning responsibilities? What signals alert the caregiver that he or she is in trouble of getting lost in caregiving? Can a caregiver who cherishes a loved one set limits on responsibilities without feeling guilty or morally bankrupt? These are questions at the heart of successful, long-term caregiving. Unfortunately, for most caregivers, these questions do not arise until they are feeling overwhelmed and depleted. Being able to say, "No, I can no longer continue to provide care in this way," may not only save the caregiver from emotional and physical burnout, but can also open up opportunities of shared caregiving responsibilities with others while deepening the level of honesty and openness in the relationship.

Saying "No" may seem like a harsh statement to a caregiver who prides themselves on being a helpful, kind, and loving person. What does saying "No" mean anyway? Maybe the "No" means, "I'm tired and feel trapped." Maybe the "No" means, "I can't do what you want me to do and I feel inadequate." Or maybe the "No" just means, "I am so tired, I have to stop." "No" doesn't necessarily have to have a negative connotation attached to its meaning. "No" can be understood as a pause, a time for reflection, a breathing period or, "Let's stop and talk this over. Things need to change." Healthy emotional boundaries are important in helping the caregiver distinguish between his or her own needs and the needs of the person being cared for. Boundaries remind the caregiver and elder that their relationship is between two adults and that there need to be expectations of mutual respect and autonomy for the relationship to be successful.

The ideal time to discuss caregiving boundaries is in the beginning when both people are new to the process of developing this special relationship [that] will have some limitations. In practice, most caregivers address the issue of their own limits after the caregiving relationship gains full steam. Caregivers often get inducted into helping through a sudden major health crisis of a loved one or by the slow but steady process of taking on tasks and responsibilities for the elder as they experience the loss of function. In the first instance, addressing the immediate and critical health care needs of the elder takes precedence over long-term care planning. However, as soon as the elder is stable, the time is right for the caregiver to discuss boundaries and limits. In the second instance, caregivers need to raise the issue of boundaries as soon as they begin to detect the first signs of their own stress or burnout. Signs such as avoiding the loved one, anger, fatigue, depression, impaired sleep, poor health, irritability or that terrible sense that there is "no light at the end of the tunnel" are warnings that the caregiver needs time off and support with caregiving.

(continued)



Setting emotional limits involves a process of change with five key steps. First, the caregiver must admit that the situation needs to change in order to sustain a meaningful relationship. Without change, the caregiver risks poor health, depression, or premature death. Second, the caregiver must reconsider personal beliefs regarding what it means to be a good caregiver. Redefining what “should” be done to what is reasonable and possible to do can be a liberating moment. This may include lowering some expectations of one’s ability to do things and delegating tasks to others. Third, the caregiver needs to identify key people (friends, family or professionals) who can support and guide the caregiver through this change process. Frequently, caregivers join support groups with other caregivers to reinforce their commitment to change or hire a geriatric care manager coach. A support group is also a place to express anger, anxiety, frustration and sadness about the caregiving experience instead of inadvertently having these feelings pop out during a tense conversation with a loved one. Fourth, the caregiver needs to develop communication tools to express the need for boundaries. Honesty and simplicity in talking about feelings and needs does not come easily; particularly if one is not familiar with having these types of direct discussions. Lastly, the caregiver must be able to sustain this new approach while allowing the elder time to react and express his or her feelings about the changes.

There is a simple but effective communication approach that can help caregivers express feelings and set boundaries. This approach encourages the caregiver to speak from an “I” point of view, in a non-accusatory fashion, expressing the caregiver’s limitations or feelings and offering an alternate solution. Some examples of “I” statements are: “I can no longer drive you to all of your medical appointments due to my work schedule and my limited time off. I know this will be a change for you. I suggest we look into other transportation options such as the Busy Bee Medical Transport Service.” “Mother, I am unable to continue with the responsibility of cleaning the house weekly. I want to spend my time with you on other matters. I know it’s hard to let newcomers help, but I think it is time to hire a homemaker service you would be comfortable with.” “Dad, I can no longer assist you down the outside stairs. I am worried about your safety and mine. I believe we need to build a ramp for easier access to your home. I have found a carpenter who has reasonable rates for construction.” In each of the above statements, there is a presentation of what the speaker cannot continue to do, an acknowledgement that the change will have a consequence for the elder and a suggested solution. No attempt is made to make the elder feel guilty about the effort the caregiver is expending or the caregiver’s stress level.

Setting the boundary is the caregiver’s responsibility. There is, however, an invitation for discussion and joint problem solving. Initially, the caregiver may experience resistance on the part of his or her loved one to dialogue about changes as to the provision of care. Gentle persistence is needed to attend to the need for new boundaries. Discussions that can be introduced at a time when both individuals have lower stress and are feeling quiet and comfortable with each other are discussions that have a greater chance of success. Avoid making decisions about change during emergencies. Waiting until the situation is calm, and both parties can take time to think through issues, creates an atmosphere of joint decision making and ownership of the outcome. Making changes in small steps toward a larger change gives everyone a chance to adapt comfortably. Caregiving is a dynamic relationship that evolves over time. As caregiving tasks increase, so will stress on the caregiver. A caregiver and his or her loved one will manage this challenge successfully if each person is able to express directly what he or she needs, wants, or can do.

(Excerpted from an article by Deborah Colgan, MA, in Today’s Caregiver)

Reminisce Books

Kirk House Publishers and Ann Aubitz are proud to present the Reminisce Line of Dementia-Friendly books. The Reminisce books by Kirk House Publishers are a line of dementia-friendly, large print books written by amazing authors. Explore the world of the 1940s, 50s, and 60s in easy-to-read, short-story format fiction genres. Large type and full-colored illustrations make the stories accessible to all readers, many of whom may have their own special memories of those periods of history.

Reminisce Line of Books include:

- Mysteries- Book One
- Romance- Book Two
- Ghost Stories- Book Three
- Science Fiction- Book Four

If you want to try out one book first, order a book to try out for \$19.95 and they will give you free shipping.

Use Code: REMINISCE FREE SHIP

<https://www.kirkhousepublishers.com/reminisce>

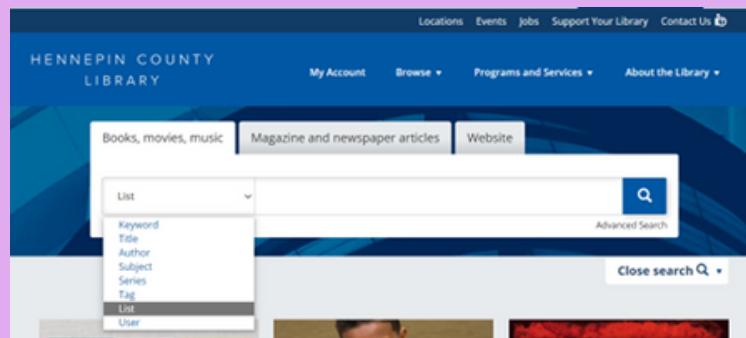


DEMENTIA FRIENDLY BOOKLIST 2023

Hennepin County Library website has a list of 61 titles specific to Memory Café programming and memory loss.

To access: go to www.hclib.org

- At Catalog main page under books, movies, music click to expand choices
- Click on LIST
- Type Memory Café
- You will be taken to page which has on-going lists of recommended materials for Memory Loss



Also, look for a list of our book recommendations at the end of this newsletter!



Notable Quotables

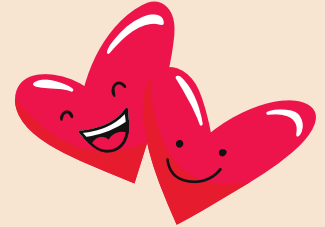
Caregiver (noun): An individual who does precise guess-work based on unreliable data provided by those of questionable knowledge. See also: Wizard, Magician

Kindness is just love with its work boots on.

Caregiver: Because Miracle Worker isn't an official job title.

"Strength doesn't come from what you can do. It comes from overcoming the things you once thought you couldn't." – Rikki Rogers

Caregiver, you are enough. You give out so much of your time, physical energy and emotional capacity to others. Look in the mirror and at the end of each day give yourself some grace, self-love, compassion, and forgiveness. Recognize it's okay to not be okay sometimes.



Our Minnesota Twins opened their 2023 season when pitchers and catchers reported to Florida on February 14th and the remaining team joining them a few days together.

Their first spring training game was on February 25th when the Twins played their first game of the spring against Tampa Bay. The Twins will conclude their Spring Training schedule on Tuesday, March 28 with a road game against the Pittsburgh Pirates in Bradenton, FL, before beginning the 2023 regular season on Thursday, March 30 with an Opening Day contest against the Kansas City Royals at Kauffman Stadium.

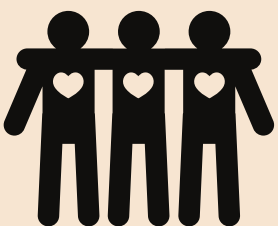
Fans of the Twins can go to Official Minnesota Twins Website to find out more about the team, schedule and broadcasts. <https://www.mlb.com/twins>



We Rely on Your Support to help more seniors and caregivers live life to the fullest!

Donations help fill the gap between the actual costs for us to deliver services and the funding we receive. Your tax-deductible support is critical for our team to continue providing Senior Outreach & Caregiver Services.

Donate at seniorcommunity.org/donate-socs or by mailing a check to:



Senior Community Services
Attn: SOCS
10201 Wayzata Blvd. #335
Minnetonka, MN 55305

THANK
YOU



Scam Prevention

Each year, the Social Security Administration (SSA) approves a cost-of-living adjustment (COLA) for recipients of Social Security benefits and Supplementary Security Income (SSI). Due to inflation, payments can increase by 8.7% this year. It's a significant increase – the highest COLA approved in more than 40 years – and scammers are taking advantage. If you or a loved one receive Social Security benefits, stay alert to the signs of a scam.

How the Scam Works

Scammers contact you by phone, text, or email. This “Social Security Administration representative” claims you must apply for your cost-of-living increase. They might ask you to visit a website, send information via text or email, or speak with them on the phone to get the benefit. The scammer will ask you to verify your identity by sharing personal details, such as your full name, address, or Social Security number. They may even ask for your bank account information, claiming that the representative will deposit the extra money directly into your account.

In any case, if you give your information to the person in question, they will have gained access to your most sensitive personal information, making you susceptible to identity theft. If you give up your banking information, they may even be able to gain access to your money.

How to Avoid Social Security Scams

- Remember, the SSA's COLA is automatic. You don't need to do anything to receive the increase in benefits. If someone tells you otherwise, you're likely dealing with a scammer.
- Know how the SSA communicates. According to SSA, “If there is a problem with your Social Security number, we will mail you a letter. Generally, we will only contact you if you have requested a call or have ongoing business with us.” A call, text, or email from an SSA agent out of the blue is a red flag.
- Don't give in to threats. SSA will never threaten you with arrest or legal action. They will never suspend your Social Security number or demand payment from you. They will never ask for personal information or banking details to give you an increase in benefits. If someone demands these things or threatens you over the phone, they are not with SSA.
- When in doubt, hang up. If you suspect you might be getting scammed, stop all communications. Visit Medicare.gov to research or call 1-800-MEDICARE to confirm that the correspondence is legitimate before taking action.

More information on how to prevent scams can be found at: <https://www.bbb.org/us/mn>



How Breathing Can Help Reduce Stress

Research shows that our brain associates different emotions with different breathing patterns, and breathing exercises work because they trick your brain into thinking your emotional state is different than it actually is. When we are happy, our breathing is regular and steady. However, when we are stressed, anxious or fearful, our breathing becomes irregular, shallow and quicker. When you slow your breathing down in times of stress you can trick your brain into thinking you're actually in a calm state and there is no threat or challenge at hand. If you're feeling stressed, the easiest way to begin to calm down is simply changing your inhale-to-exhale ratio. (National Council for Mental Wellbeing)

Navy Seals Use Two Forms of Breathing Techniques (MedicineNet)

Navy Seals have successfully adopted two ancient breathing techniques, Box Breathing and Tactical Breathing.

4 steps of box breathing

1. Inhale slowly through your nose while mentally counting to four. Concentrate on filling your lungs and abdomen with air. ...
2. Take a deep breath. Hold your breath and mentally count to four again.
3. Exhale slowly through your mouth while mentally counting to four.
4. Take a deep breath.

How does box breathing relieve stress?

Although slow breathing techniques are effective in the long term for stress reduction and heart rate reduction, methods such as box breathing work wonders in high-stress situations by calming your autonomic nervous system.

- Many autonomous bodily functions such as blood pressure, body temperature, and heart rate are regulated by this system.
- It is made up of two parts, namely, the sympathetic system, which stimulates bodily activity (fight or flight), and the parasympathetic system, which relaxes your body (rest and digest).
- When you hold your breath, CO₂ levels in your blood increase, which increases the cardioinhibitory response (lowering your heart rate).
- This activates the parasympathetic nervous system, resulting in a calming and relaxing effect, or, to put it another way, breathe slowly and relieve stress.

What is tactical breathing?

When under duress, Navy SEALs use tactical breathing, in addition to box breathing. Tactical breathing is a technique used when you feel the trigger of the fight-or-flight response:

- To do this, place your right hand on your stomach and exhale heavily.
- Then, slowly draw your breath upward from your abdomen to your upper chest by inhaling through your nostrils.
- Exhale slowly, beginning at your chest and working your way down to the air in your abdomen.
- Consider your navel to be in contact with your spine while breathing.
- Once you're comfortable with a full, deep breath, do it again, but this time exhale twice as long as you inhale.
- Breathe to the count of four, pause briefly, and exhale to the count of eight.
- Repeat at least three times.



SENIOR
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Caregiver Support Groups

Additional services on other side

Caregiver support groups, facilitated by our licensed Social Workers, offer a safe place for caregivers to learn from one another by sharing experiences, challenges, coping strategies, and humor. The goal is to help caregivers care for themselves through education and empowerment.

Bloomington - Lisa Engdahl, LSW
4th Thursday each month
1:00 PM - 2:30 PM

952-767-7890 or
l.engdahl@seniorcommunity.org

Chanhassen - Lee Ann Eiden, MSW
1st Thursday each month
1:30 PM - 3:30 PM

Eden Prairie - Lee Ann Eiden, MSW
3rd Thursday each month
4:30 PM - 6:00 PM

952-934-3370
or l.eiden@seniorcommunity.org

Edina - Krystal Wiebusch, LSW
1st Thursday each month
1:00 PM - 2:30 PM

952-767-7899 or
k.wiebusch@seniorcommunity.org

Elk River - Becky Allard, LSW
2nd Monday each month
1:30 PM - 3:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Minnetonka - Adele Mehta, LGSW
2nd Thursday each month
10:00 AM - 11:30 AM

952-767-7888 or
a.mehta@seniorcommunity.org

Monticello - Becky Allard, LSW
2nd Thursday each month
10:30 AM - 12:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Plymouth - Krystal Wiebusch, LSW
3rd Wednesday each month
10:00 AM - 11:30 AM

952-767-7899 or
k.wiebusch@seniorcommunity.org

Rogers - Becky Allard, LSW
1st Monday each month
10:30 AM - 12:00 PM

St. Michael - Becky Allard, LSW
3rd Thursday each month
1:30 PM - 3:00 PM

612-804-0968 or
b.allard@seniorcommunity.org

Contact the facilitator to register. No fee. Join any time.

Groups are open to caregivers who live in (or are caring for someone who lives in) Carver, Hennepin, Scott, or Wright county and caring for an older adult or someone with a cognitive diagnosis.

seniorcommunity.org/caregiversupportgroups

612-770-7005

This service is supported, in part, by Hennepin County, municipalities, and Title III grants from Trellis & CMCOA.

Last updated 09/2022



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Additional Caregiver Support Options

Caregiver support groups, facilitated by our licensed Social Workers, provide caregivers an opportunity to learn from one another by sharing experiences, challenges, coping strategies, and humor. The goal is to help caregivers care for themselves through education and empowerment.

VIRTUAL SUPPORT GROUPS

Bob Anderson, MSW
2nd Thursday each month
4:30 PM - 6:00 PM
952-888-7121 or
b.anderson@seniorcommunity.org

MEMORY CAFES

Prior Lake – Lisa Engdahl, LSW
Last Tuesday each month
3:30 PM – 5:00 PM
952-767-7890 or
l.engdahl@seniorcommunity.org

Sara Roberts, LSW

Memory Loss Focus

4th Monday each month
1:30 PM - 3:00 PM
612-868-6720 or
s.roberts@seniorcommunity.org

St. Michael – Becky Allard, LSW
3rd Wednesday each month
1:30 PM – 2:30 PM
612-804-0968 or
b.allard@seniorcommunity.org



CareNextion.org

Caregiving is a group effort. You don't need to do it alone. Create your care team today!

CareNextion is a free, secure online tool that provides care teams of families and friends with centralized communication, including task scheduling & assignment, journaling, and local resources.

seniorcommunity.org/caregiversupportgroups

612-770-7005



SENIOR
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Technology Support

A service provided as part of the Senior Community Services' HOME program.

Today, technology is built into nearly everything we use on a daily basis.

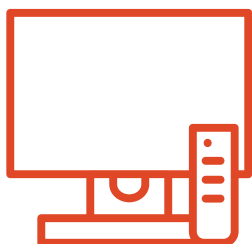


The Good, the Bad...and the Unknown

Much of this technology is meant to simplify and more effectively manage daily life.

But different types of devices, each with their own options and settings, can be difficult to understand. It's also important to select the right security settings to protect your personal information.

Or, you might know a lot about your devices but are frustrated by one setting you haven't been able to figure out. You may also have a troubleshooting issue that you just haven't been able to correct.



Making Tech Work for You

We offer technology support as part of our HOME program. Our goals for this service include helping you to:

- Stay connected to your loved ones and your community
- Take advantage of your entertainment options
- Find and use helpful features
- Manage your online security and safety



NOTE: By using this service, you agree that Senior Community Services is **not liable** for any data loss or other issues that may arise from supporting you and your electronic devices. We reserve the right to refuse service if the issue is too complex, and offer no warranties for these services.



<https://seniorcommunity.org/services/tech-support-services/>

Last updated 07/2022

Services

- Device troubleshooting
- Texting
- Voicemail
- Email
- Video calls
- Smart TVs
- Streaming services
- And more



Contact us

Technology support is available by phone and in-person at designated locations.



In-home service

If an in-home visit is necessary, we'll send you a HOME program application. When it's returned, we'll schedule a home visit with a technician.

Our technicians are fully vetted, and have experience with common technology issues and setups for phones, tablets, laptops/computers, TVs, and more.

Referrals



If we're unable to solve the problem or it requires service that we don't provide, we'll do our best to suggest next steps to take.

Our service area continues to expand, but some services may not yet be available in your area.

CONTACT US!

If you live in **Hennepin** county:

Call 952-767-7893

Monday - Friday, 8:30 am - 4:30 pm

or email techsupport@seniorcommunity.org

If you live in **Sherburne or Wright** counties:

Call 763-416-7969

Monday - Friday, 8:30 am - 4:30 pm

or email tech@seniorcommunity.org



The following is a list of services we do NOT provide:

- Help with devices owned by a company
- Help with business related software or hardware
- Help with tax preparation, personal accounting, or other financial assistance
- Replace or add cable or ethernet wiring or connections inside walls or in areas difficult to access
- Failed hardware data recovery
- Hardware repair (broken screens, failed batteries, inoperable printers, etc.)

<https://seniorcommunity.org/services/tech-support-services/>

Technology support is funded, in part, by Hennepin, Sherburne & Wright counties.



List of Suggested Books on Dementia

Creative Care (2020)

A Revolutionary Approach to Dementia and Elder Care

Bastings PHD, Anne

Dignity for Deeply Forgetful People (2022)

How Caregivers Can Meet the Challenges of Alzheimer's Disease

Post, Stephen G.

The Last Ocean – A Journey Through Memory and Forgetting (2019)

Gerrard, Nicci

Everything Left to Remember (2022)

My Mother, Our Memories and a Journey Through the Rocky Mountains

Jagger, Steph

A Caregiver's Guide to Dementia - A Caregiver's Guide to Dementia (2021)

An Unintended Journey

Shagam, Janet Yagoda

Mother Lode (2022)

Confessions of a Reluctant Caregiver

Staebler, Gretchen

Keeper (2009)

One House, Three Generations, and a Journey Into Alzheimer's

Winner of 2009 Wellcome Trust Book Prize

Gillies, Andrea

Boundaries: When to Say Yes, How to Say No to Take Control of Your Life (1992)

Cloud, Henry

Moving Miss Peggy (2013)

a Story of Dementia, Courage and Consolation

Benson, R. (Robert)



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Books on Dementia/Aging for Kids

INTERACTIVE BOOKS TO INSPIRE MEMORIES AND CONVERSATION

Dogs and Puppies – Interactive Book for Memory Impaired Adults
Levine, Arthur

Through the Seasons – An Activity Book for Memory Challenged Adults and Caregivers (2008)
Green, Cynthia R.

Memory Activity Book, Book (2018)
Engaging Ways to Stimulate the Brain, for People Living With Memory Loss or Dementia
By Lambert, Helen

Memory Books and Other Graphic Cuing Systems, Book (2007)
Practical Communication and Memory Aids for Adults With Dementia
by Bourgeois, Michelle S.

GRANDCHILDREN/YOUNGER FAMILY MEMBERS

What Happens When My Grandparent Has Alzheimer's Disease?
Honders, Christine

The Remember Balloons
Olivero, Jessie

Holding On
Lee, Sophia

What a Beautiful Morning
Levine, Arthur